

Junior Brown Belt 2nd Tag

1 CORNER THROWS (2)

2 REAR THROWS (2)

3 SHOULDER DISLOCATIONS (6)

4 PALM HEELS TO CHIN (5)

R-UP / L-ACROSS / L-ACROSS R-UP / DOUBLE / R-ACROSS

5 UPWARD BLOCK KNIFE HAND TO NECK (1)

6 KNIFE HAND TO NECK, KICK TO SOLAR PLEXUS (1)

7 KNIFE HAND TO NECK, KICK TO SOLAR PLEXUS TO TWO OPPONENTS (2)

8 THROWING AN OPPONENT FROM BEHIND (9)

D-ANKLE / KNEEL & ELBOW / HAIRY KNEE / CHOCOLATE / BODYDROP / PUSH / SCISSORS / KNEEL THROUGH ELBOW / REAR SCOOP

9 ESCAPE WITH BOTH HANDS HELD FROM BEHIND (4)

KICK / CHICKEN / SHOULDER ARM LOCK / BODYDROP

10 DIFFERENT BLOCKS USING THE SAME ARM (2)

11 STOMACH THROWS (4)

R-FOOT / L-FOOT / R-SIDE / BEHIND DOUBLE

12 ATTACKING BACK OF LEGS (3)

13 ARM & SHOULDER THROW (1)

14 ROUNDHOUSE KICKS FROM THE GROUND (15)

5-R / 5-L / 5-FROM BEHIND

15 SIDE SNAP KICKS FOLLOWED BY ROUNDHOUSE KICKS (2)

16 SIDE THRUST KICK TO KNEE CAP FOLLOWED BY ROUNDHOUSE KICKS TO RIBS (2)

17 ONE HANDED THROWS (5)

FULL-SHOULDER / INSIDE / RECLINING / D-BODYDROP / RICE BALE

18 FULL SHOULDER THROW (DOUBLE ARMS X)

19 DROPPING VERSION FULL SHOULDER THROW NO.2

20 ACTION TAKEN AGAINST THREE ATTACKERS (3 SETS)

A FITNESS TEST WILL BE DONE AFTER YOUR GRADING